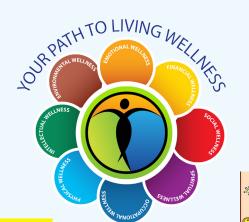
Environmental Wellness Good health by occupying pleasant, stimulating environments that support well-being

Emotional Wellness Coping effectively with life and creating satisfying relationships

Intellectual Wellness Recognizing creative abilities and finding ways to expand knowledge and skills

Financial Wellness Satisfaction with financial situations



6:00 pm - 7:00 pm

Occupational Wellness Personal satisfaction and enrichment from one's work

for KIDS

5:00 pm - 5:30 pm

RSVP Required to

300 Hamilton Avenue

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"SPIRITUALITY BEYOND

White Plains, 10601

**Social Wellness** Developing a sense of connection, belonging, and a well-developed support system

**Physical Wellness** Understanding differing abilities, recognizing the need for physical activity, healthy foods and sleep

**Spiritual Wellness Expanding our** sense of purpose and meaning in life

## SUNDAY, Sept. 14th

"3K Walk" 11:00 am - 12:30 pm **Eastview Middle School Track** 350 Main Street White Plains, 10601 Ac\* **CONTACT:** 

607-226-8520 or email:

phil@authenticchurch.com to participate. \$10/ per mile



1pm - 4pm Court St. White Plains, 10601

\* Rain venue: Highlands M.S., **128 Grandview, WP 10605** 

## MONDAY, Sept 15th

#### "SHADOWS IN THE SUN"

**Keynote Presentation** & Book Signing **GAYATHRI RAMPRASAD Practitioners only** 10am - 1:00pm WHITE PLAINS **PUBLIC LIBRARY** 100 Martine Ave White Plains 10601 **Registration Required** https://ww2014emotionalwellness. eventbrite.com

"BUILDING RESILIENCE" **Presenter: Sandy Heller LCSW/ EAP Coordinator** 12noon - 1:00 pm **NEW YORK PRESBYTERIAN HOSPITAL/WESTCHESTER DIVISION Main Building** 21 Bloomingdale Road White Plains, 10605 **LIMITED SEATING!** 

Call 914-997-5779 to register.

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"SHADOWS IN THE SUN" **Book Signing and Workshop**

for PARENTS & YOUTH 6:30pm – 8:30pm WHITE PLAINS N THE SUN HIGH SCHOOL 550 North Street White Plains, 10605 Register at:

https:// emotionalhealthpy2014.eventbrite. com

"FINDING MEANING

IN EVERYDAY LIFE" 6:00 pm - 7:00 pmFORDHAM UNIVERSITY **Westchester Campus** Presenter: Joan Cavanaugh, M.A.,M.S 400 Westchester Ave. FORDHAM White Plains, 10604 Westchester

TUESDAY, Sept. 16th

"DAD'S TAKE YOUR CHILD TO SCHOOL DAY' **ALL WHITE PLAINS SCHOOLS** 7AM-9AM Call: 914-422-1378 for more information

"MEDICATION ASSISTED **SUBSTANCE ABUSE** TREATMENT WORKSHOP" 10am-1:00 pm WHITE PLAINS PUBLIC **LIBRARY** 100 Martine Ave White Plains 10601

FORDHAM "THE Westchester **WORKPLACE: MAKING IT WORK FOR** YOU" - Workshop. **Presenter: Robin Colner** 6:00 pm - 7:00 pmFORDHAM UNIVERSITY **Westchester Campus Presenter:**

Joan Cavanaugh, M.A., M.S

400 Westchester Avenue

White Plains, 10604

"FAMILY RECREATION EXPLORATION" BURKE 4:00 pm - 6:00 pm **BURKE REHAB. CAMPUS** 785 Mamaroneck Avenue White Plains, 10605 **Wood Building Patient Dining Room** LIMITED SEATING! Call (914) 597-2578 to register

"CONCUSSIONS AND THE **STUDENT ATHLETE**" 6:00 pm - 8:00 pm **BURKE REHAB. CAMPUS** 785 Mamaroneck Avenue White Plains, 10605 Billings Building (2nd Flr.) Rosedale Room. LIMITED SEATING! Call (914) 597-2848 to register

"HEALTH EATING **AND COOKING WITH REGISTERED DIETICIAN INJUNG CASSEDAY**" 4:00 pm - 6:00 pm WHITE PLAINS PUBLIC **LIBRARY** 100 Martine Ave White Plains 10601 Call 914-422-1480 for more information ~~~~

"ALTERNATIVES TO **VIOLENCE "(AVP) Workshop for Practitioners** 4:00 pm-7:00 pm. **DIVINE COMPASSION SPIRITUALITY CENTER** 52 North Broadway White Plains, 10603 Call (914) 328-7943 for more information

~~~~ **CROSSFIT WESTCHESTER FREE 30 minutes Workshop** for KIDS #CFW KIDS 5:00 pm-5:30 pm **RSVP** Required to michael@crossfitwestchester.com 300 Hamilton Avenue, White Plains, 10601

WEDNESDAY, Sept. 17th

"SAFE TALK" Facilitator: Dr. Barbara Bernstein 10:00 am - 1:00 pm WHITE PLAINS PUBLIC LIBRARY 100 Martine Ave White Plains 10601 **Registration Required** Email: ppg6@westchestergov.com

~~~~ "FITNESS AND TECHNOLOGY" **Workshop for Youth and Families MICROSOFT STORE** 6:00 pm - 8:00 pm **Westchester Mall** 125 Westchester Ave,. White Plains, 10601 Call: (914) 323-2150 for more information

CROSSFIT WESTCHESTER FREE 30 minutes Workshop #CFW KIDS for ADULTS 5:00 pm - 5:30 pm **RSVP** Required to michael@crossfitwestchester.com **300 Hamilton Avenue** White Plains, 10601

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"PREVENTION OF ADOLESCENT ALCOHOL AND SUBSTANCE ABUSE" Workshop 4:30pm – 5:30 pm Westchester FORDHAM UNIVERSITY **Westchester Campus 400 Westchester Avenue** White Plains, 10604

"NEW OLD AGE" **Workshop for Senior Citizens** 

FORDHAM UNIVERSITY **Westchester Campus Suicide Prevention Workshop 400 Westchester Avenue** White Plains, 10604 THURSDAY, Sept. 18th

"HEALTHY BABIES ARE WORTH THE WAIT TRAINING" - Waiting to have your baby until at least 39 Weeks leads to a healthy baby. LOWER HUDSON VALLEY PERINATAL NETWORK 12 noon -1:00 pm White Plains Public Library 100 Martine Ave. White Plains, 10601 Call 914-922-2240 For more information.

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"BACKYARD

GOLF SCHOOL" **Parents and Youth** Learn the basics of golf for fitness & professional development! Presenters: Joan Cavanaugh & **EWGA Members** \$30 per parent/child couple 6:30 pm- 8:30 pm **Eastview Middle School** 350 Main St. White Plains, 10601 CALL 914-422-1378 to join!

"SMART MONEY **FOR TEENS" Presenter: Annett Marie Barrett** 5:00 pm - 6:30 pm WHITE PLAINS PUBLIC **LIBRARY** 100 Martine Ave White Plains 10601 Call 914-422-1480 for more info.

CROSSFIT WESTCHESTER "A PLACE AT THE TABLE" FREE 30 minutes Workshop CFW KIDS michael@crossfitwestchester.com solutions to the problem. Lori Silverbush, 12:30 pm - 2:00 pm

White Plains, 10605

White Plains, 10605

RELIGION" **Panel Discussion & Presentation** Hindu Swayamseval Sangh 6:00 pm - 8:00 pm White Plains Public Library 100 Martine Ave White Plains 10601

FRIDAY, Sept. 19th

"YOGA WITH LIZA TUCK" 4:00 pm - 5:00 PMWHITE PLAINS PUBLIC LIBRARY 100 Martine Ave White Plains 10601 Call 914-422-1480 for more information

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for more information

"HEALTHY CITY -**HEALTHY YOU" Wellness Event for City of White Plains Employees** 11:00 am - 2:00 pm **Hosted by White Plains Hospital City Hall Council Chamber** White Plains, 10601 Call: (914) 422-1378

SATURDAY, Sept.. 20th GAMES FUN

"TOY & HALLOWEEN **COSTUME SWAP" Hosted by County Legislators/ Recycling Rangers and WPYB** 10:00 am - 11:00 am (Registered participants only) 11:00 am - 12 noon (OPEN to **Community**) Mamaroneck Ave. School 7 Nosband Ave. White Plains, 10605 Call 914-422-1378 to Register ~~~

2012 Documentary film that investigates incidents of hunger experienced by millions of Americans, and proposed Directed by Kristi Jacobson and with appearances by Jeff Bridges, Raj Patel, and Chef Tom Colicchio. Mamaroneck Ave. School 7 Nosband Ave.

"CONTAINER GARDENING" Yes you can eat healthy even if you live in small spaces! Take home your own container garden of herbs **Presented by: Growing White Plains Community Garden Project Coordinator: Margaret Indelicato** 2:30 pm – 4:00 pm Mamaroneck Ave. School 7 Nosband Ave.

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~~~ "INTRODUCTION TO **AYURVEDA**" PRESENTER: Dr. Gopinathan **Santhigam Wellness CENTER** 1:00 pm - 2:30 pm 1305 Mamaroneck Ave. White Plains, 10605

"SPECIAL FIT" **Fitness Activities for Special Needs Children** YWCA OF WHITE PLAINS 515 North St White Plains, NY Call (914) 949-6227 for more information

**Stacy Stowers** 

2:00 - 4:00 pm

Westchester Mall

125 Westchester Ave.

White Plains, 10601

Call (914) 644-8360

for more information

Williams Sonoma Store

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"EAT RAW - NOT COOKED" **Healthy Eating With Raw** Foods & "HAPPY SHAKES"! Presenter & Author eat raw

SUNDAY, Sept. 21st

"INTER-FAITH FORUM & SPIRITUAL WELLNESS THROUGH PERFORMING ARTS" Various faith based performances - contemporary Christian, Gospel Singers,

Cantor, Budhist, **Indian Temple Dance & Songs** and much more! 1:30 pm - 4:00 pm POST ROAD **SCHOOL**

175 West Post Rd. White Plains, 10606 Call (914) 422-1378 for more information

MONDAY, Sept. 22nd

"FAMILY DAY": Free Movie & Dinner! BY INVITATION ONLY -CALL 914-422-1378 6:30 pm - 10:00 pm **CINEMA DELUX** 1 City Center SIGN THE PLEDGE AT THE KICK-OFF FESTIVAL TO BE **INVITED!**

FIDELIS CARE FIDELIS CARE® information tables & events at various locations throughout the week. Call (718) 896-6500 for more information.

Student Assistance Services Counselors will be implementing Wellness activities in White Plains Middle & High Schools during the week!